



Ravioli with Snap Peas, Pea Shoots, and Minty Pea Shoot Pesto

READY IN



30 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound cheese ravioli fresh
- ☐ 1 small garlic clove
- ☐ 0.5 cup mint leaves
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 ounces parmesan cheese cut into chunks
- ☐ 1.5 qts lightly tender pea shoots* divided packed separated
- ☐ 2 cups sugar snap peas

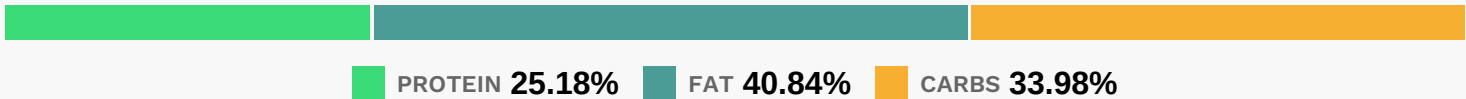
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Whirl garlic in a food processor to mince.
- ☐ Add cheese and whirl until grated.
- ☐ Add 2 cups pea shoots, the mint, and oil; pulse until coarsely pured.
- ☐ Scrape into a small bowl and press plastic wrap against pesto.
- ☐ Cook ravioli as package directs, adding snap peas during last 2 minutes.
- ☐ Drain; return to pot.
- ☐ Whisk pesto, then gently toss three-quarters of it with pasta.
- ☐ Add remaining pea shoots and toss gently.
- ☐ Serve immediately, with remaining pesto if you like (or save it for a sandwich).
- ☐ *Find at farmers' markets or Asian markets.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:17.29, Inflammation Score:-9, Nutrition Score:19.128261003805%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 626kcal (31.3%), Fat: 28.4g (43.69%), Saturated Fat: 10.22g (63.87%), Carbohydrates: 53.17g (17.72%), Net Carbohydrates: 47.48g (17.27%), Sugar: 5.17g (5.75%), Cholesterol: 80.51mg (26.84%), Sodium: 1228.74mg (53.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.4g (78.8%), Vitamin C: 276.29mg (334.9%), Iron: 13.42mg (74.55%), Vitamin A: 2437.43IU (48.75%), Fiber: 12.08g (48.32%), Calcium: 394.49mg (39.45%), Phosphorus: 227.97mg (22.8%), Vitamin K: 16µg (15.23%), Manganese: 0.2mg (10.2%), Selenium: 6.83µg (9.75%), Vitamin B2: 0.15mg (8.77%), Folate: 29µg (7.25%), Magnesium: 28.92mg (7.23%), Vitamin E: 1.03mg (6.88%), Zinc: 0.98mg (6.55%), Vitamin B1: 0.09mg (6.04%), Vitamin B6: 0.12mg (6.04%), Vitamin B12: 0.34µg (5.67%), Vitamin B5: 0.52mg (5.19%), Potassium: 159.15mg (4.55%), Copper: 0.07mg (3.43%), Vitamin B3: 0.47mg (2.36%)